

The Correspondent

Early Intervention Program

Early Head Start

Wise Adult Day Health

Taunton Area School to Career

Volume 21, Issue 8

August, 2016



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Groundbreaking Ceremony

Associates for Human Service held a Groundbreaking Ceremony on July 13 for a new 7,200 square foot addition.

Over the past few years, it has become more evident that the original 15,000 square feet was not going to be enough room for the growth of AHS. With the recent addition of TASC, the board wisely voted to expand the building by another 7,200 square feet. The addition will include another classroom, a maintenance room/workshop, 6 Early childhood offices, a therapy room, large conference room, more storage and will also accommodate more parking. The existing interior will be reconfigured also to accommodate a suite of offices for TASC. All four programs will be able to be under the same roof.



Jonathan Keevers, principal/owner of GTC Construction, displays a rendition of the AHS addition.



Senior Managers Amy Conley, Judy Thomas, Kit Tunney, Zulmira Allcock, Georgianna Ouellette and Dan LeBrun participate in "throwing" some dirt during groundbreaking.

GTC Construction Management will oversee the completion of the project.

We ask for your patience as we go through the process of mobilization, excavation, construction, as well as



Carol Sullivan, AHS Board Chair, discussed the growth of AHS and how the new addition will help facilitate that growth in all AHS programs

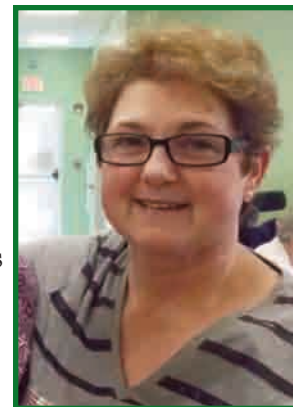
parking inconveniences. The addition is estimated to be completed by January 2017. Please stay tuned for construction updates and more information on our ribbon cutting ceremony.

Wise Adult Day Health

by Nancy Pereira

Staff Spotlight

This month’s staff spotlight, in Wise, is on Mary Freitas. Mary is a Certified Nurse’s Aide with more than 15 years’ experience in Home Care, Long Term Care and Adult Day Health settings. She was a previous employee of Wise Adult Day Health for 5 years, who left to pursue a full-time long term care position, but recently returned to the AHS family, and has been a valued member of the Wise team for the past 2 years. Mary provides direct care assistance to the participants in all areas of their personal care. She is also fluent in Portuguese which is a wonderful asset in the quality care she provides. “Mary is such a patient and nurturing caregiver,” states Program Director, Nancy Pereira, “she is truly invested in the participants well-being and making their day special.”



Mighty Ducks Too!

Back by popular demand and participant request, Wise did another trip to Memorial park to visit our feathered friends and bring them a treat! Feeding the ducks seems to be a preferred summer outing. A group of the participants got working on breaking up the bread in preparation for the outing. “We are very popular with the ducks!” says Dave Lima, program aide who accompanied the participants on the trip. “The participants have so much fun feeding them and they come right up close to you which makes it even more exciting for everyone!”



Another group from Wise enjoyed the afternoon feeding ducks at Memorial Park

Fruilicious!

Wise participants are quite “fruitful” when it comes to their artwork. Here, our art group is seen working on their “Fruit Trees” using multi-colored fruit loops as leaves! “It’s a fun and unique way to decorate this project,” states Linda Kerr, Activity Director, “and they come out looking really neat!”



Wise Fireworks

In celebration of the Fourth of July, Wise participants got into the spirit of independence day by creating some fireworks of their own. Activity Director Linda Kerr always comes up with creative ways to bring the imagination to life with these lovely painted fireworks displays. “It’s amazing what you can do with an empty paper towel roll, a pair of scissors and some paint!” notes Linda. The participants had a great time making their own fireworks displays to decorate the center for the holiday.

Adult Day Health Services

Wise Adult Day Health is a day support service for adults experiencing health care related issues or whose ability to function independently is limited. Wise is designed to provide quality services, including daily leisure, recreational and preventive health activities to aging or disabled individuals. An R.N. oversees all health-related activities, including restorative and maintenance therapies, nutritional consulting, and participant/caregiver training in preventive health. A nutritious breakfast and lunch is served daily along with two snacks. In accordance with Federal law and U.S. Department of Agriculture policy, AHS will not discriminate on the basis of race, color, national origin, sex, age or disability. For more information or referrals, please call the Wise Program Director, Nancy Pereira, at 508-880-0202, ext. 327.

Early Childhood Programs

Early Intervention

Early Head Start

Staff Spotlight

Kathy began working with Early Intervention July 14, 1992. Kathy graduated with an Associates of Science degree with a concentration in Clinical Childcare from Bristol Community College, Fall River, MA. Kathy was first hired as a teacher assistant where she was responsible for the organization, set up, and cleanliness of



the classroom. She then added duties to coordinate transportation in July 1996, where she is responsible to oversee enrollment of families and children needing transportation to the center for services. Kathy assists in coordinating necessary supplies for EI home visitors, and also completes purchase orders needed for staff, groups, and home visits. Kathy takes pride in her work and provides genuine caring for the children she sees everyday. Congratulations, Kathy, on 24 years with Early Intervention!

Toddler Fingerprint

3 tablespoons sugar
1/2 teaspoon salt
1/2 cup corn starch
2 cups water

Combine ingredients in small saucepan. Warm until mixture thickens. Cool completely. Pour into separate containers. Add food coloring to create desired colors. Non toxic and toddler friendly.



Hidden Safety Hazards

Magnets - Small magnets can be easily swallowed by children. Keep magnets high enough on your refrigerator that they are out of reach. If you fear your child has swallowed magnets, seek medical attention immediately.

Recalled Products - Know if a product has been recalled. The best way to ensure your products are safe is to fill out your product registration card and check for recalls at www.recalls.gov.

Loose Change - Change can easily wind up on tables or in couch cushions, where curious children could ingest them. A great way to ensure this doesn't happen is to assign a tray or jar for loose change and keep it out of a child's reach.

Tipovers - Tipovers are a leading cause of injury to children. The best way to avoid them is to make sure all furniture and televisions are secured to the wall.

Pot Handle Sticking Out From Stove - When cooking, it is best that pot handles turn inward instead of sticking out from the stove where little ones may reach up and grab the hot handle.

Liquid Laundry Packets - It is estimated that thousands of children have been exposed to and injured by liquid laundry packets. Easily mistaken by children as candy, these pods pose a risk to the eyes and, if ingested, to their lives. It is important to keep these items out of reach of children.

Hot Mugs - A relaxing cup of coffee or tea can quickly turn into an emergency if hot mugs are left unattended or are placed near the edge of tables. Beware of tablecloths that can be pulled down with hot items on top.

Cords - Cords can pose strangulation hazards to children, whether they are connected to blinds, home gym equipment or baby monitors. Keep cords tied up and out of reach. Remember to keep cribs away from cords.

Button Batteries - Button batteries are flat, round batteries that resemble coins or buttons. They are found in items such as flashlights, remotes or flameless candles. They pose a serious risk if ingested.

Source: <http://babysafetyzone.org/hot-topics/baby-safety-month>

Early Childhood Programs ...

Early Head Start Program is a federally funded program that provides comprehensive services to families who are pregnant or have children between the ages of birth to 3 and meet income guidelines. Call Georgianna Ouellette at 508-880-0202, ext. 355 for more information or to make a referral.

Early Intervention Program is an integrated developmental service available to families of children, between birth and three years of age, for whom there are developmental concerns due to identified disabilities, certain birth circumstances, or environmental circumstances (e.g. cerebral palsy, prematurity, homelessness) or show a delay in one or more areas of development. Please call Zulmira Allcock at 508-880-0202, ext. 302 for more information or to make a referral.

Early Childhood Programs

Early Intervention

Early Head Start

EHS Update by Georgie Ouellette

Early Head Start Child Care Partnerships: We are maintaining our full enrollment at 70, with 22 children at Brockton Day Nursery, 23 children at Westfield Child Center and 25 children at Days of Discovery. Brockton Day Nursery's second classroom was officially licensed and children from classroom 9 moved over into room 8. Days of Discovery's 1st classroom enhancements have been set up and children and teachers are now enjoying their new environments. Westfield completed their EEC licensing with very good reviews. Health, Safety & Nutrition monitoring continues with playground plans underway.

Professional Development: New Bedford partner site completed their CDA preparatory class being offered by Fisher college for 3 credits to meet EHS qualifications. 17 teachers have applied for their CDA credential.

Staffing: We welcome on board our newest staff members: Donna Rae McFarland as the Family & Community Partnership Manager and Celisa Alves-Ramos as a Parent Child Advocate.

Home-based Field Trips/Socializations: Early Head Start families from our home-based program have been planning to offer a field trip to Capron Park with food and appropriate activities for their children. Topics during parent break out groups included EHS family photo groups, internet security at home and on the go, and understanding and exploring cultural Backgrounds.

Policy Council Membership: We look forward to having our other partner sites represented very soon. We continue to recruit for new child care partnership parent members and welcome anyone to our next meetings. The Policy Council is made up of a group of currently enrolled parents and community representatives. The purpose is to plan and have a voice in program decisions and activities and to gain knowledge of how Early Head Start works. All parents are encouraged to attend the next Policy Council meeting; please ask your PCA or PCC for more details.

Facebook: EHS staff are working towards offering Facebook posts more often to our families. Please like us and check us out at www.facebook.com/AHSInc. We are also looking for input and topic ideas that you would like to see more information on.

Pinterest: We are at www.pinterest.com/ahs_taunton with boards on parenting tips, eating healthy, safety and much more. Check it out.

Simple Activities

Cheap, fun, and simple activities to enjoy with your kids this summer.

1. Run the sprinkler - For easy fun on sweltering days, put your kids in their bathing suits, turn the sprinkler on, and let 'em run wild .
2. Head to the library - Encourage your kids to love reading by making regular visits to the library, and check out a few books each time to bring home for some snuggle time on the couch.
3. Ice cream time - Heading out after dinner and grabbing an ice cream treat with the family is always a hit.
4. Playground fun - Hitting up a playground at a local park isn't just fun for toddlers, it's also a great way to meet other moms in your area.
5. Sidewalk chalk - Always keep a container of sidewalk chalk handy to play hopscotch, or simply let your kids turn the driveway into a work of art.
6. Playdoh - It never fails, kids absolutely love playdough. Throw down some newspaper on the kitchen table and let them smush & play all day.

Source: http://thestir.cafemom.com/being_a_mom/140402/30_simple_summer_activities_yournone0

EI Parent Group Topics

- Tues, Aug 2 (9:00 - 10:30)** - Relaxation & Resilience
Wed, Aug 3 (9:00 - 10:30) - Nutrition Workshop
Wed, Aug 3 (12:30 - 2:30) - Nutrition Workshop
Thurs, Aug 4 (9:00 - 10:30) - Relaxation & Resilience
Fri, Aug 5 (9:00 - 10:30) - Nutrition Workshop
Tues, Aug 9 (9:00 - 10:30) - Relaxation & Resilience
Wed, Aug 10 (9:00 - 10:30) - Recipes/Meal Planning
Wed, Aug 10 (12:30 - 2:30) - Recipes/Meal Planning
Thurs, Aug 11 (9:00 - 10:30) - Relaxation & Resilience
Fri, Aug 12 (9:00 - 10:30) - Recipes/Meal Planning
Wed, Aug 17 (9:00 - 10:30) - End of Summer Ideas
Wed, Aug 17 (12:30 - 2:30) - End of summer Ideas
Fri, Aug 19 (9:00 - 10:30) - End of Summer Ideas
Wed, Aug 24 (9:00 - 10:30) - Summer Journal
Wed, Aug 24 (12:30 - 2:30) - Summer Journal



Taunton Area School to Career

YouthWorks

On Monday, July 11, at Taunton High School, 55 local youth ages 14 – 19 began their job readiness training as the kick-off to TASC’s YouthWorks Program. YouthWorks is funded through the Commonwealth of Massachusetts, Executive Office of Labor and Workforce Development. The Commonwealth Corporation administers the program. Bristol Workforce Investment Board, Taunton Career Center and TASC work in collaboration to execute this program.

The 6-week program is designed to provide summer jobs and education for at risk youth. The program targets low-income youth with significant life barriers to be involved in a program where they can learn the soft skills of the 21st century work place, and apply that learning in an actual job. Twenty-five percent of the students will also be involved in MCAS remediation, supported by a grant through the United Way of Greater Attleboro/Taunton.

Most of the students have never held a job in the workplace and this program provides them with a work experience upon which they can build. Each student will work at one of 15 local worksites for 25 hours a week for 5 weeks. Not only do they begin to build their resumes but also they are paid the minimum wage, which can help them to build a savings habit that can serve them for the rest of their lives.

During the job readiness training week, the students build their resumes, work on applications, learn how to dress for success, understand on-the-job safety, and interviewing skills. They also learn financial literacy from Bristol County Savings Bank’s High School Branch Supervisor, Tracy Lynskey.

“It is a truly amazing program for these students. Over the course of these 6 weeks, we will see a major transformation in these students as they become solid workers, more responsible and more connected to the school and people in the Taunton community”, states Jake Jacobs, the program coordinator for TASC. “Last year, for example, we saw students’ grades improve, their self-confidence grow and they became more engaging”, added Jacobs.

Mentor Recruiting

Though the 2015-16 TASC’s Career Mentor Program has barely ended, and the ink on the final reports isn’t yet dry, plans are underway for the 2016-17 TASC Career Mentor Program. Surveys completed by mentors and mentees are being reviewed to gather ideas and recommendations for program improvements and to insure the identified strengths are maintained. Preparations for mentor recruitment, which is set to launch in the fall, are underway. Each year, we hope to increase our mentor/mentee matches. Last year 59 students, from Bristol County Agricultural HS, Taunton Alternative HS and Taunton HS, were the beneficiaries of the talents, skills, commitment and attention of 59 dedicated, generous and caring mentors. We are hoping to beat that number by 5. Maybe you would like to step up and join our team, or maybe you know someone who would be an outstanding mentor. It’s shaping up to be a fantastic mentoring year ahead! Contact Trish O’Brien at 508-821-3020 or trish.tasc@gmail.com for more information

Become a Mentor...

Make a difference!



“A mentor is someone who allows you to see the hope inside yourself.”

Oprah Winfrey

Flexible * Rewarding * Beneficial

We hope we can count on you!

**Taunton Area School to Career
Career Mentor Program**

For more information contact:



Serving 3 Area Schools:
**Bristol County Agricultural HS
Taunton Alternative HS
Taunton HS**



Trish O'Brien, Business Outreach Specialist/Mentor Program Coordinator
Taunton Area School to Career (TASC), a program of Associates for Human Services, Inc.
One Taunton Green, Suite 21st Floor, Taunton, MA 02780 * Phone: 508-821-3020 * email: Trish.tasc@gmail.com

Taunton Area School to Career is a partnership of employers and school systems in the Greater Taunton area that have made a long-term commitment to exposing students to high quality learning experiences that will prepare them for the careers of tomorrow. The mission of TASC is to ultimately contribute to the economic and social well-being of the community by offering school age youth opportunities to seek and understand the skills and training necessary for living and working in the 21st century. For more information or referrals, please call the TASC Office, at 508-821-2846.

Taunton Area School to Career

Welcome Dan LeBrun!

Daniel LeBrun, the new Program Director for TASC, brings a variety of career experiences to his new position. For the past eleven years, Dan has worked as a home mortgage originator for three different banks: initially Eastern Bank, then Sovereign Bank (now known as Santander), and most recently BankFive (aka, Fall River Five Cents



Savings.) While he especially enjoyed assisting young first time homebuyers, Dan is very pleased and excited to be “back” in the non-profit sector. “I am very excited to lead such an important program that serves youth and connects education and businesses”, said LeBrun. “College and career readiness, to prepare tomorrow’s workforce, is a mission I am privileged to undertake, with great staff, as part of a wonderfully supportive agency.”

Dan’s first 4 years after graduate school involved working with youth at two parishes. He then spent 15 years with the MA Department of Social Services (now called the Dept. of Children & Families), part of which included helping to create and implement a new training and assessment program for foster and adoptive parents. Looking to be closer to home and his young children, he became the first Director of Development for New Hope, a domestic violence and rape crisis agency based in Attleboro, and remained in that role for 10 years. Looking for new challenges, Dan made his next career change in the fall of 2005, to the realm of mortgage banking, where he developed a sound reputation for being responsive, efficient, and comforting - with customers, realtors, and banking professionals.

During his entire career, Dan has been very community oriented. Dan has served and still serves on the Boards of many community non-profits, and often supports local agencies with pro-bono musical entertainment – as he has done for TASC and AHS often, in years past. He is a longtime member and secretary of the Taunton Rotary Club, Board Chair of Heart of Taunton, board member with Community Counseling of Bristol County (CCBC), member of the Taunton Area
(Continued on next column)

Welcome Dan LeBrun! (cont)

Chamber of Commerce, and Community Services Committee member of the Southeastern Mass Board of Realtors. He was one of the founders of Pro-Home, Inc., a local affordable housing agency, and was previously elected three times to the City of Taunton Planning Board (2000-2006.)

Originally, from Lewiston, Maine, Dan graduated from Providence College, where he obtained B.A. and M.A. degrees. He has three grown children and has lived in Taunton for nearly 40 years with his wife Linda. He enjoys being a worship music leader at two area churches on the weekends.

Annual Appeal Campaign

TASC concluded their 21st Annual Appeal Campaign. Through the generosity of the business community and many individuals, TASC raised over \$32,300 in support of their efforts to provide college and career readiness programs to youth in the Greater Taunton area.

Thank you to the community for contributing to the campaign which will help all local youth, especially at risk students, to reach their highest potential through academic success, career exploration and the development of essential workforce and life skills.

The list of donors includes:

Access Your Power, A.F. Macedo Insurance, Paul Allison, Nancy & Bill Antonucci, B & D Construction, B & J Manufacturing, Chris Baratta, Kelly Ann & Kevin Bento, Boston Orthotics, Bridgewater Savings Bank, Veronica Casey, C. Carney Recycling Solutions, Don & Judy Cleary, Columbia Gas of Massachusetts, DePuy Synthes - Johnson & Johnson, Domino’s Pizza, Nancy Duarte, Debbie Dutra, FBinsure, Finlay Legal Services, First Citizens’ Federal Credit Union, First Taunton Group, Brenda & Mike Flores, Arthur & Debra Gareau, General Dynamics Mission Systems, G. Lopes Construction, Julie & Frank Hackett, Representative Patricia Haddad, Hannaford Supermarket, H & L Bloom, Hilary Wood Photography, Beth & Jake Jacobs, Jordan’s Furniture, Karsner & Meehan, P.C., Joan & James Keogh, Dan Laffan, Dan & Linda LeBrun, Malloch Construction, Mass Hoisting Coned LLC, Mastria Auto Group, Matthew & Sheri Mattos, MedAesthetic Partnership, Marsha & John Nehiley, Jerry Plouffe, Power 3 Communications, PRIDE, Linda & Andy Quinn, Raynham Veterinary Hospital, Rens Welding & Fabricating, Rockland Trust, Harold & Joanne Rose, Dr. Christopher & Elisa Scully, Diana & Donald Shearstone, Ed & Natalie Sousa, SS Service Corp, Jamie Stebbins, Studio 27 Print & Design Group, Taunton Cable Access & Media, Taunton Federal Credit Union, Topnotch Design Studio, Triumph, Kit Tunney, Patricia Waitkevich, Sarah Walker, Webster Bank.

Resource/Information Page

It IS Easy Being Green

by Chrissy Collins

Eco-Friendly Lunch Box Solutions

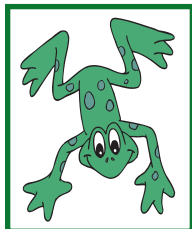
1. The stainless steel lunch boxes are old school and are 100% non-toxic. They are also easy to clean and last a lifetime (if you want them to).

2. The Bento Box system comes in a variety of styles and with many containers to customize. These boxes are phthalate, BPA, lead and PVC free. They are also dishwasher safe.

3. Sandwich wraps, pouches and bags are made of food safe cotton fabric. They can hold sandwiches and snacks and are machine washable.

4. Canvas lunch totes are machine washable and 100% non-toxic.

All of these types of boxes can be found online. Happy eco-friendly lunch box hunting! Let me know how it is going at chrissyc1@cox.net



Senior Citizens Day

National Senior Citizens Day honors our elderly population. On August 21, 2016, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.

In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved

throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and

esteem by making sure that our communities are good places in which to mature and grow older."

On National Senior Citizens Day, we should:

- * Spend some time with senior citizens
- * Show our appreciation for senior citizens
- * Do volunteer work in support of the elderly

If you are a senior citizen, enjoy your day any way you desire. After all, this is your day! Make sure to take advantage of senior citizens specials and discounts.



Looks like Milton is beating Steve, Wise Van Driver, in his favorite game of checkers

Exercise During Pregnancy

Most of us love the summertime until we're pregnant. What used to just feel like a pretty warm and sticky day often feels a lot more intense for a hot soon-to-be mama. Feeling warmer than usual and sweating more isn't in your head; blame hormonal changes and an increase in blood supply to the skin throughout pregnancy.

1. Avoid high heat times of day for outdoor workouts

This seems like a no-brainer but know that the lunchtime run or walk you used to do is probably going to have to be rescheduled to the morning or late evening if you want to get outside and temps are soaring or it's very humid.

2. Make sure you're hydrated well before exercising

Yes, you've heard this a million times but it's even more important now that there are two of you, and you've got heat and humidity in play. By the time you actually feel thirsty, your body is already 1 to 2% dehydrated.

General hydration guidelines recommend that individuals consume at least 17-20 ounces of water two to three hours before exercise, 7-10 ounces of fluid every 10-20 minutes during exercise, and after exercise consume 16-24 ounces of fluid for every pound of bodyweight lost during exercise.

3. Lighten up your workout duds

When it comes to apparel, opt for light-colored clothing made out of lightweight synthetic or polyester materials that will dry quickly and help to wick away moisture, allowing for regulation of core body temperature.

4. Always wear sunscreen when exercising outdoors

Skin can be particularly sensitive to products when you're pregnant--more so than when you're not, but remember that sunscreen is a must for outdoor activities. Sunglasses should be worn to protect your eyes and a hat with a large brim is always a good idea to help shade your face.

5. Put on your heart rate monitor—and closely monitor it!

The general rule of thumb is to keep your heart rate below 140 BPM (beats per minute) during cardio workouts, but be mindful of your heart rate during lower intensity activities as well in the summer. Biking, swimming and yoga may not produce a big sweat but may increase heart rate and blood pressure, so using training monitors throughout your workout should be considered.

Source: <http://www.fitpregnancy.com/exercise/prenatal-workouts/summer-safety-tips-how-exercise-heat>

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web site!

www.ahsinc.org



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www.facebook.com/AHSInc

Wish List

If you have an item you'd like to donate, please let program staff know, or call 508-880-0202, ext 333.

- * De-humidifier
- * Adult Wheelchairs
- * Double Stroller
- * Magazines
- * Soft Tissues

Useless Trivia

- * You burn more calories sleeping than you do watching TV. So take a nap!
- * You were born with 300 bones, but by the time you are an adult you will only have 206.
- * The first CD pressed in the US was Bruce Springsteen's 'Born in the USA'
- * The human eyes never grow, but nose and ears never stop growing.
- * Tom Sawyer was the first novel written on a typewriter.
- * Coca-Cola was originally green.

Special Days to Celebrate in August

- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- 2nd - National Ice Cream Sandwich Day
- 3rd - National Watermelon Day
- 4th - U.S. Coast Guard Day
- 5th - Summer Olympics begins in Rio
- 5th - Work Like a dog Day
- 7th - Friendship Day
- 7th - International Forgiveness Day
- 7th - Sisters' Day
- 9th - Book Lover's Day
- 9th - Daughter's Day
- 10th - Lazy Day
- 11th - Son and Daughter Day
- 12th - Middle Child's Day
- 13th - Left Hander's Day
- 15th - Relaxation Day
- 21st - Senior Citizen's Day
- 21st - Summer Olympics ends in Rio
- 22nd - National Tooth Fairy Day
- 25th - Kiss and Makeup day
- 26th - Women's Equality Day
- 27th - Global Forgiveness Day
- 27th - Just Because Day
- Week 3 - Friendship Week
- Week 4 - Be Kind to Humankind Week



Jake Jacobs, TASC Career Specialist, with students in the YouthWorks Program.